

Food Chart – Children

		Age 1 through 2	Age 3 through 5	Age 6 through 12
Breakfast	Fluid Milk	½ cup	¾ cup	1 cup
	Juice or Fruit or Vegetable	¼ cup	½ cup	½ cup
	Grains/Bread	½ slice	½ slice	1 slice
Snack Serve 2 of 4 components.	Fluid Milk	½ cup	½ cup	1 cup
	Juice or Fruit or Vegetable ¹	½ cup	½ cup	¾ cup
	Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
	Grains/Bread	½ slice	½ slice	1 slice
Lunch or Supper	Fluid Milk	½ cup	¾ cup	1 cup
	Meat, Poultry, Fish, Cheese, or Egg, or	1 ounce	1 ½ ounces	2 ounces
	Cooked Dry Beans, Peas, or Peanut Butter	1 2 Tbsp.	1 3 Tbsp.	1 4 Tbsp.
	Vegetables and/or Fruits (must serve at least two different varieties ²)	¼ cup total	½ cup total	¾ cup total
	Grains/Bread	½ slice	½ slice	1 slice

¹Juice may not be served if milk is the only other component at snack.

²A minimum of 1/8 cup of each must be served.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.